

The Catamount Recovery Program

Collegiate Recovery on Campus

University of Vermont
Amy Boyd-Austin
Austin Brown

The College Environment

- Almost half of all college students report heavy episodic alcohol use in the last 30 days
- 70-80% of students drink in some fashion.
- Social reasons are stated to be the leading cause for drinking.
- 67% of students with mental health issues report binge drinking in college.
- Anxiety, especially social anxiety, has a high correlation with binge drinking.

Social Factors of College

- Drinking is the dominant norm
- Social activities are largely based on this norm
- Expectations around a college experience are based on this norm.
- Housing, conduct policies, rules, and regulations skirt the core issue of the role of alcohol on campus.
- Messages about safety and responsibility pander to this norm.
- Rules are often put in place that only deal with the negative outcomes of drinking (sexual violence, arrests, assault, crime, vandalism etc.)
- What would students do if they did not drink? And why is this question rarely asked?
- The status quo is to drink. If you go outside this norm, you are challenged to defend your choice. Never is the challenge put to the drinker. That's when we know it's the standard/dominant identity in a community.

Roots of Collegiate Recovery

- Universities across the country have been at the forefront of social progress and social change.
- Often universities are the epicenter of progressive awareness of underserved populations.
- Historically university students and faculty have been involved in awareness, political action, social change, breakthrough research, and innovation.
- Social change, such as equal rights, anti-war, gender issues, poverty, and policy change are the historical contributions of universities in America and world

The Role of a Recovery Community

- Provides a safe and supportive peer-driven environment whereby those students in recovery can derive positive and recovery-affirming social, educational, and emotional experiences that in turn allows for wellness and holistic lifestyles of those students.
- Supports recovery, advocacy, educational, and social needs of an underserved population in a natural environment dominated by the narrative of alcohol and other drug use.

Recovery

- Those in recovery from alcohol or drug addiction are well aware of the dominant discourse of the college experience.
- Recovery includes social protective factors, both through mutual aid societies/ (12-step) groups, family, and friends.
- **Social factors** are shown to be the single **most important factor** for young people in recovery. Without abstinence-supportive environments, young people **do not recover at substantial rates**.

Features of Students in Recovery

- May have gone to a recovery-based high school.
- May have previous college experience which was hindered by alcohol use.
- Are often non-traditional.
- Have co-occurring mental health issues.
- Serve as an example to others by overcoming adversity.
- Are models of wellness.
- Have higher GPAs than traditional students.
- Have higher retention rates than traditional students.
- Demonstrate a maturity and sense of purpose in their academic career that belies their chronological age.

Treatment

Best Possible Outcomes

- 30 days of treatment is typically insufficient to affect the complete lifestyle change which is required to recover from addiction. Chronic disease cannot be effectively treated acutely.
- Although longer term supports exist, young people rarely make use of them. The continuum of care spanning months and years is not usually discussed. Family just want to get them back on track.
- Transitional housing post-treatment, intensive out-patient treatment, 12-step attendance and step work with a sponsor, and finally, educational or vocational training and support are all necessary to fully integrate long term recovery into the lives of young people.

Best Possible Outcomes

- Therapy alone is usually insufficient for people in whom the disease has manifested. A single angle treatment lens fails to consider the complexity of addiction.
- Peer-support and mutual aid are needed throughout the recovery integration process and beyond.
- Recovery is not based in resuming a previous life experience, it is based in re-inventing life entirely and at all levels.
- Recovery is a personal revolution which occurs at every level of the person and affects everything in their lives.

Education and Vocation

Opportunities

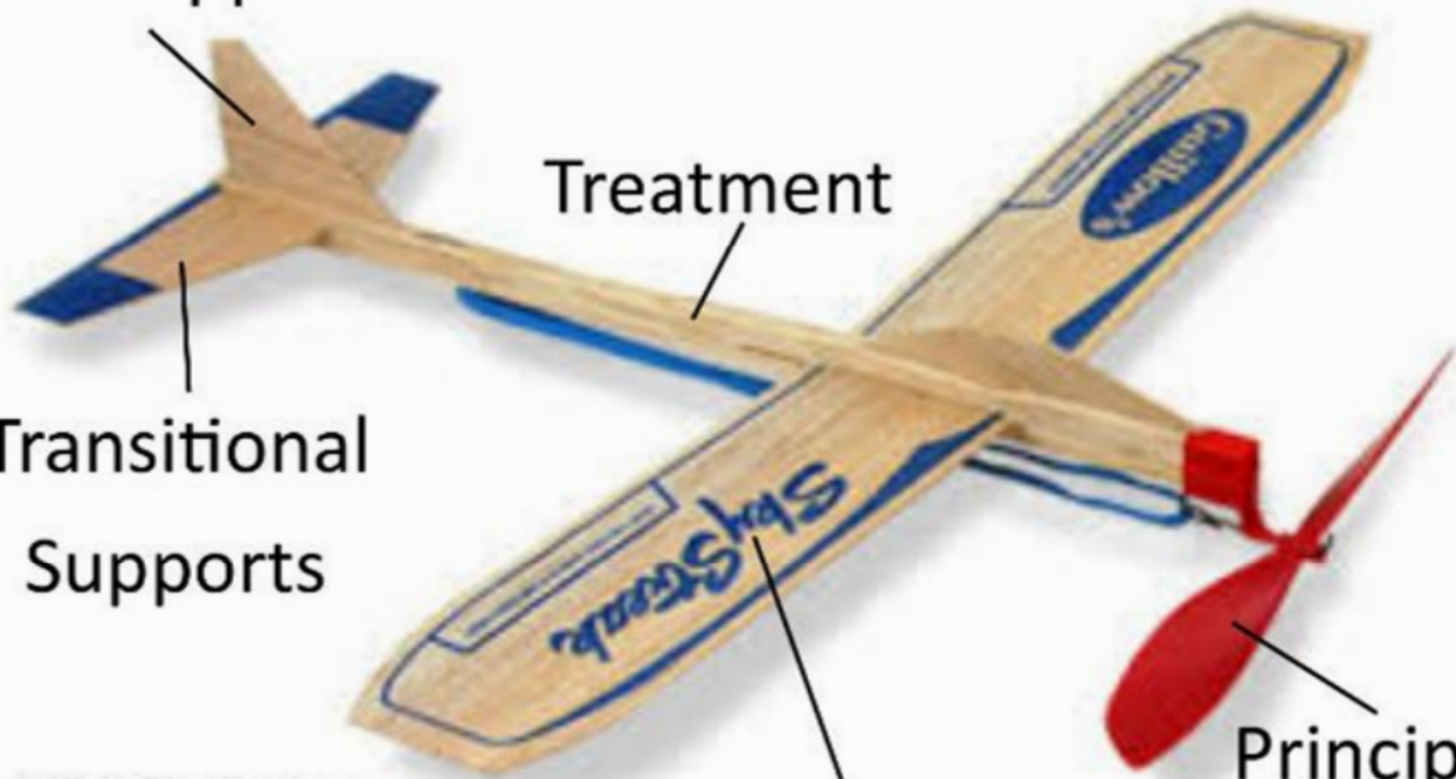
Treatment

Transitional
Supports

Principled
Action

Mutual Aid Societies

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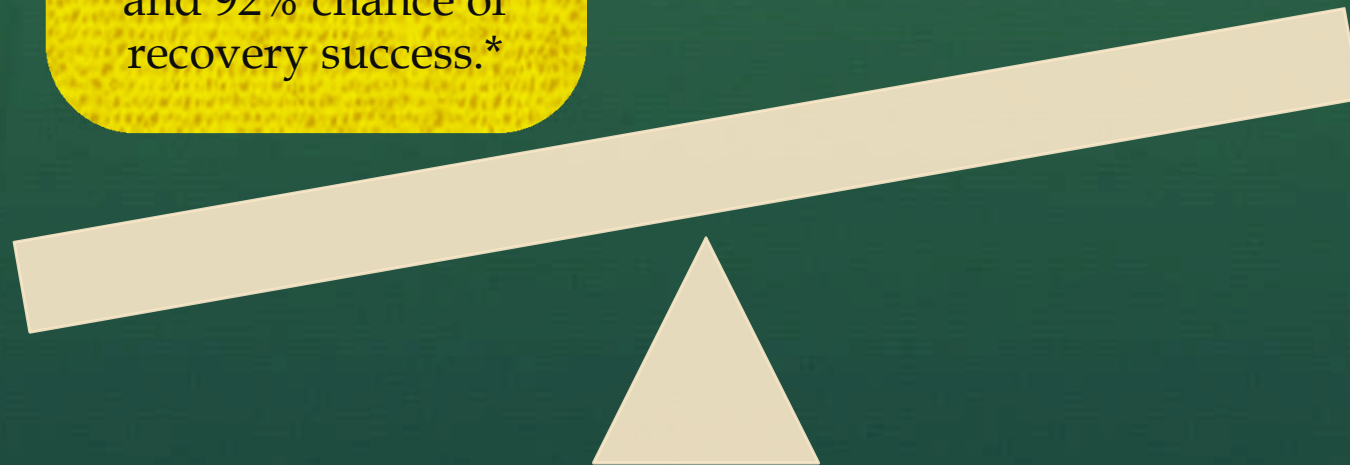


Comprehensive
Care

Standard

Treatment + Mutual
Aid
+ Transitional
Housing
+ Outpatient Therapy
+ Educational or
Vocational Supports
=
70% Graduation Rate
and 92% chance of
recovery success.*

Treatment + Mutual
aid
=
Approximately 24%*
Success



What's the formula for success?

- Research shows that those who go to (minimum) 30-day treatment, spend 3 to 6 months in transitional living after treatment, who regularly attend 12 step groups, who receive post-treatment outpatient therapy, and who are provided with opportunities to have access to education or vocational training all within the first two years of recovery have the best chance at complete recovery which lasts a lifetime.
- Mutual aid + Therapeutic Supports + Opportunities for Success=Relapse Prevention and long-term (lifetime) recovery

Where do CRPs fit in?

- CRPs provide the educational opportunities
- CRPs provide essential functions for those who enter into college in which the current dominant discourses are based in acceptance of drinking/substance use.
- CRPs provide the educational, social, and emotional supports to navigate higher education from a position of recovery.
- CRPs provide a safe place for the continuum of opportunities for success while in a more normative context, which is essential for life-long recovery from addiction.

National CRP Picture

- Association of Recovery in Higher Education is the national authority on collegiate recovery programs.
- Nationally there are over 150 CRPs in some form at universities
- Many CRPs offer scholarships and admission overrides to help repair the financial and academic damage many experience from active addiction
- The Department of Education, the ONDCP, SAMHSA, and the NIH all recognize the need for recovery support in higher education

Catamount Recovery Community

- A place that understands that living in recovery is about opening doors and having experiences beyond the typical undergraduate college experience.
- It's about community and support. The ability to be connected to a group of students with a shared underrepresented identity.
- It provides a mutually supportive base to explore college from their own lens and re-define the college experience.

The Five Pillars of Catamount Recovery

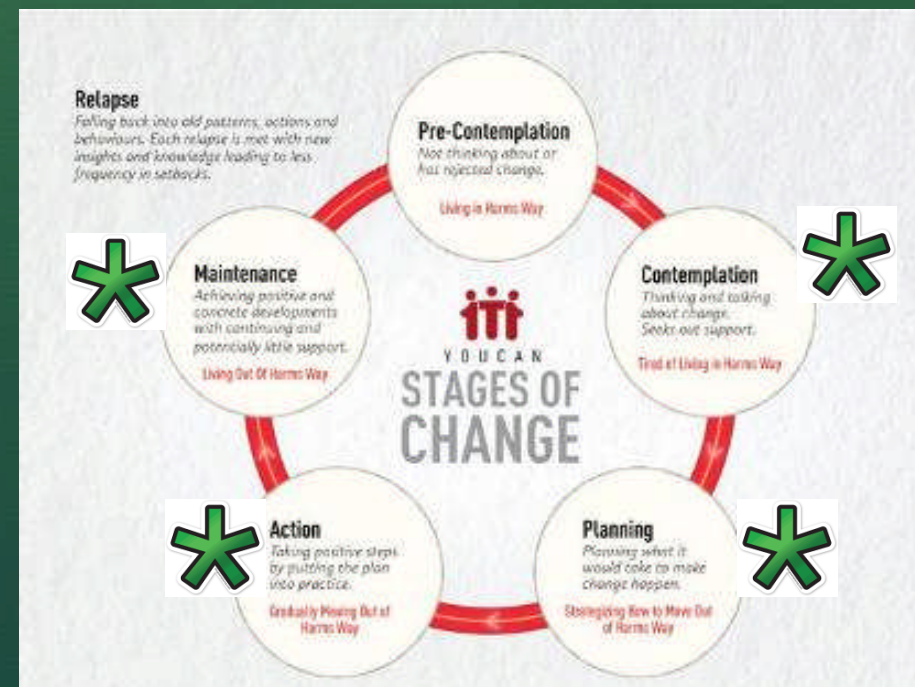
- Academics
- Service
- Advocacy
- Community
- Recovery

Collaboration SHS, CAPS, Larger Community

- SBIRT
- Students needing resources – Students looking to support
- Positive supportive resource and experience
- Building connection through various organizations for support and advocacy (VADIC, ONDCP, TYR, VAMHR, SAMHSA, Turning Point)

Continuum of Readiness (Who We Help)

- Actively using and mentions use with note of concern.
- Actively using with significant consequences.
- Aware that current lifestyle isn't working, but not considering abstinence: Stuck.
- Considering abstinence.
- Newly abstinent.
- Newly in recovery.
- Solidly in recovery.



Recovery: Model of Wellness

- Not a consolation prize
- Spiritual, Emotional, Psychological, Social
- Advocacy and Narratives of Recovery
- Empowered Position
- CRPs are the intersection of recovery and education

By the Numbers

- Here at UVM our CRP students have an Avg. GPA of 3.2
- 40% of our students are recovering opiate addicts, none of whom are on medically assisted maintenance.
- 70% have co-occurring disorders.
- 92% are affiliated with a mutual-aid society
- 72% are actively working a 12-Step program with a sponsor
- 30% have history of disordered eating/ body image issues

The Future of Catamount Recovery

- Establishing a research core and a career track internship for future CRP workers from across the country
- Generate data for national research pool
- Continued advocacy effort and self-advocacy training for students
- Establishing sustainable funding
- Establishing legacy through CRP alumni
- Expansion of sober housing
- Scholarships
- Stand-alone space for students

Questions?



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